

Foot Massage During Pregnancy



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General Information

Your partner's body goes through many changes during pregnancy. Massaging their feet may help them be more comfortable during these changes.

This booklet will teach you how to properly do a foot massage. **It is important that the strokes be done slowly and in one direction.**

Foot massage should not be done before 37 weeks into pregnancy.

Benefits of Massage

Research studies show that massage may help to:

- reduce stress and anxiety
- reduce pain and muscle tension
- increase a sense of well-being and calm
- lower blood pressure and heart rate
- improve circulation
- soften tight muscles
- prevent muscles from weakening.

How to Prepare to Do the Massage

- You may need the following items to do a foot massage:
 - regular lotion
 - massage oil (such as jocaba, olive or grapeseed oil)
 - clean, dry hand towels
 - calming, relaxing music or nature sounds (if your partner wishes)
 - pillows.

- Wash your hands well with warm water and soap.
- Ask your partner to remove any rings or jewelry from their feet and ankles.
- Have your partner sit or lie in a comfortable position.

When to Avoid or Stop Doing the Massage

It is important to avoid or stop doing the massage if your partner has pain or discomfort in their feet or ankles.

How to Do a Foot Massage

Read the following instructions to learn how to properly do a foot massage.

1. Place a small amount (about the size of a quarter) of lotion or oil in your palm and rub your hands together. You may also do the massage without lotion or oil.
2. Ask your partner which of their feet they would like you to massage first.

3. Support their foot by placing one of your hands under their heel. Hold their foot with your other hand near the base of their toes.
 - Using both of your hands, gently rotate their heel and toes in a circle.
 - Repeat 3 times.



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Step 3: Hold their foot by the base of their toes and move their heel and toes in a circle.

4. Place one hand on top of their foot near their ankle and the other on the bottom of their foot near their heel. Their foot should be in between your two hands.
 - Gently slide your hands from their ankle to their toes.
 - Repeat 3 times.



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Step 4: Place one hand on the top of their foot and your other hand under their foot.

5. Place your thumbs on top of their foot near their ankle and support under their foot with your fingers.
 - Stroke the sides of their foot from their heel to their toes.
 - Repeat 3 times.



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Step 5: Starting at their ankle, stroke the sides of their foot. Move from their heel to their toes.

6. Support their foot by placing one of your hands under their heel. Place your thumb of your other hand on the top of their foot near the base of their ankle.
 - Using your thumb, gently stroke the top of their foot from their ankle to their toes. Each stroke will finish between their toes.
 - Repeat between each toe, 3 times.



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Step 6: Gently stroke down the top of their foot, finishing between their toes.

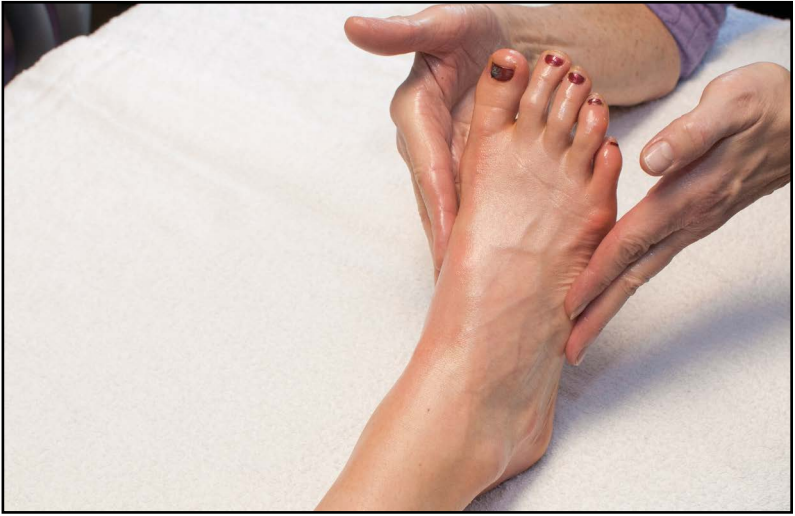
7. Support their foot by placing one of your hands under their heel. Hold their foot with your other hand near the base of their toes.
 - Using the pads of your fingers, gently tug and twist each of their toes. This should not cause pain or discomfort.
 - Repeat 3 times.



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Step 7: Gently tug and twist each of their toes.

8. Place your four fingers of each hand on the side of their foot near their heel.
 - Gently stroke the sides of their foot from their ankle to their toes.
 - Repeat 3 times.



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Step 8: Stroke the sides of their foot with your four fingers.

9. Place your fingers on top of their foot and thumbs under their foot.
 - Beginning at their heel, use your thumbs to make little circles on the bottom of their foot.
 - Continue working up the bottom of their foot, until you reach the base of their toes.
 - Repeat 3 times.



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Step 9: Use your thumb to rub the bottom of their foot in circular motions.

10. Place your fingers on top of their foot and thumbs under their foot near the base of their heel.
 - Using your thumbs, gently stroke the bottom of their foot from their heel to the base of their toes.
 - Finish by holding the pressure at the base of their toes for 15 seconds.
 - Repeat 3 times.



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Step 10: Use your thumbs to stroke the bottom of their foot, moving from their heel to the base of their toes.

11. Support their foot by placing one of your hands under their heel.
 - Beginning at their heel, make a fist with your other hand and roll your knuckles into the bottom of their foot.
 - Continue working up the bottom of their foot until you reach the base of their toes.
 - Repeat 3 times.



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Step 11: Roll your knuckles into the bottom of their foot, moving from their heel to the base of their toes.

12. Repeat step 4.
13. Gently place their foot in a comfortable position.
14. Switch to massage their other foot.



Notes



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ob-ah-25396 (12/12)